



# CHRISTIAN SCHOOLS SPORTS ASSOCIATION

## CSSA Primary Yr 5/6 State Biathlon

“Splash & Dash”

## CSSA Secondary State Triathlon

Thursday 24 October 2019

INTERNATIONAL REGATTA CENTRE PENRITH

### PRIMARY BIATHLON “Splash & Dash”

Year 3/4	<b>Teams Event ONLY</b>	150m SWIM	2 Km RUN
Year 5/6		200 m SWIM	2 Km RUN

**Note: For Teams Event ONLY Yr 5/6 division will be split into separate categories**

**ie. Yr 5 Girls Team Event, Yr 6 Girls Team Event, Yr 5 Boys Team Event, Yr 6 Boys Team Event**

### SECONDARY TRIATHLON

Junior Girls/Boys (12, 13, 14 yrs)	300 m SWIM	5 Km CYCLE	2 Km RUN
Intermediate Girls/Boys (15, 16 yrs)	300 m SWIM	10 Km CYCLE	3 Km RUN
Senior Girls (17, 18, 19 yrs)	300 m SWIM	10 Km CYCLE	3 Km RUN
Senior Boys (17, 18, 19 yrs)	<b>300 m SWIM</b>	15 Km CYCLE	4 Km RUN

**Teams - all team categories are run over the same distances as individual events.**

#### Enquiries:

Mark Hall Belmont CC Phone: (02) 4922 8300 Mob: 0414 673 705

Email: [mark.hall@bcc.nsw.edu.au](mailto:mark.hall@bcc.nsw.edu.au)

#### SECONDARY AGE CATEGORIES

Secondary Age Category is determined by the competitor's age as at the 31<sup>st</sup> December 2019

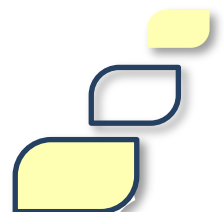
Junior 12 yrs, 13 yrs, 14 yrs

Intermediate 15 yrs, 16 yrs

Senior 17 yrs, 18+ yrs

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ABN 96 059 090 366 • PO Box 2424 BOMADERRY 2541 NSW • [www.cssa.net.au](http://www.cssa.net.au)  
EXECUTIVE OFFICER: LINDA HESLEHURST • P: 0418 685 898 • [linda@cssa.net.au](mailto:linda@cssa.net.au)





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## SCHOOL OFFICIALS

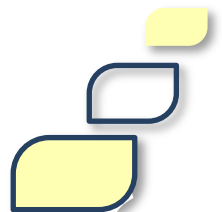
- School Officials must be a responsible adult ie. parent or teacher
- **All PRIMARY schools with 8 or more competitors must provide an official for the day.** Your entry **will not** be accepted if your officials name is not included on the entry form
- **All SECONDARY schools with 9 or more competitors must provide an official for the day.** Your entry **will not** be accepted if your officials name is not included on the entry form.
- Each school is responsible for supervising their own students throughout the day. **If your school is required to provide an official** it would not be possible for them to also supervise your students.

## GENERAL INFORMATION

Biathlon/Triathlon is a rapidly growing sport which apart from being exciting presents us with the following logistical issues that need to be adhered to.

## EVENTS

- Individual Events - Male and female for each division listed above.
- Team Events – Male and female for each division listed above.
- Primary students **CANNOT** compete in secondary divisions
- Secondary students are permitted to race up an age category for team events - this will not result in the team being disqualified.
- Primary Teams consist of TWO members
- Secondary Teams should consist of THREE members, teams competing with two are permitted BUT are not eligible for placing or prizes. Teams of two will require one student to do two legs of the race
- Students can ONLY compete in one team event on the day.
- Students are encouraged to compete in both the individual and team categories.
- It is the responsibility of each school to ensure that all students participating in the event have a suitable level of physical fitness to adequately be able to complete the event.
- First Aid will be provided on the day however all schools should provide their own first aid kit to assist with managing any medical issues on the day.





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- There will be a pre-race briefing at the beginning of the day. There will only be a team race briefing if time allows. All competitors should assume that there will only be one race briefing and that it will occur at the beginning of the day.
- Bikes for the individual event need to be in transition before **9:30am**. Other bikes needed for the team's event can be placed in transition between **11:00-11:45**. Transition needs to be kept clear for competitors only during the events. Organisers cannot take responsibility for gear in transition.
- Maps of the course will be on display and are included with this information. It is the responsibility of the competitor to be familiar with the course for their competition division.
- All cyclists must wear an Australian Standards Approved helmet and have a bike with correctly working front and back brakes. The onus of responsibility with regard to ensure helmets and bikes meet this criteria rests with the individual school.

## COMPETITION ATTIRE (Biathlon + Triathlon Competitors)

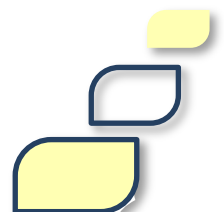
- Rule 15.2 of the CSSA Handbook will apply for female competitors: Female costumes are to be **one piece and devoid of open work except at the back and be of fully modest design**. A two piece triathlon suit cannot be worn.
- Swimming wetsuits will be permitted on the day
- School sports shorts or skins plus a school athletics singlet **MUST** be worn during the bike/run leg. Students **CANNOT** compete only in speedos/swimming costumes for the bike/run leg
- One piece triathlon suits can be worn. **HOWEVER** a school athletics singlet or baseball cap **MUST** be worn during the bike/run leg. The **COMPETITOR NAME TAG** is to be placed on the dry singlet or baseball cap **NOT** on the wet triathlon suit.

## INCLEMENT WEATHER

In the event of weather being such that it places the staging of the event in doubt competitors should ring Mark Hall on 0414 673 705 or Linda Heslehurst on 0418 685 898.

## PARKING:

Parking will be in the main car park opposite the grandstand and Regatta – **General Entry GATE A**  
Please allow a 5-10 minute walk to registration.





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## ENTRY FEE

Competitor Entry Fee: **\$15 + GST**

*Entry fee covers students competing in both individual &/or teams events*

Schools will be invoices at the end of Term 4 "CSSA Sports Account T4 2019 based on competitor entries as of Tuesday 22 October 2019

Note: Late withdrawals after this date will be charged the entry fee

## INDIVIDUAL REGISTRATION

**Sports Coordinators MUST collect "Individual Competitor Name Tags" for students competing in INDIVIDUAL events between 8:00am – 9:30am**

Please collect "**Individual Competitor Name Tags**" from the REGISTRATION TENT.

Students **CANNOT compete** without an "**Individual Competitor Name Tag**" as it contains all their details including "COMPETITOR ID NUMBER".

At the finish line Competitor Name Tags will be scanned to record placings. – **Individual name tags will then be removed**

## TEAM REGISTRATION

**Sports Coordinators MUST collect "Team Competitor Name Tags" for students competing in TEAM events between 8:00am – 9:30am**

Please collect "**Team Competitor Name Tags**" from the REGISTRATION TENT.

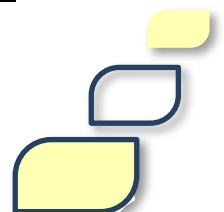
Teams **CANNOT compete** without a "**Team Competitor Name Tag**" as it contains all their details including "COMPETITOR ID NUMBER".

**ONLY** the student doing the RUN leg in their team will be required to wear their Team Competitor Name Tag on their school sports singlet/shirt

At the finish line Team Competitor Name Tags will be scanned to record placings

**Entries close Tuesday 22 October 2019 – 5pm  
Late entries will not be accepted**

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## CSSA Primary State “Spalsh & Dash” Biathlon 2019

Thursday 24 October 2019

### On-line Registration

Please go to the following link for **PRIMARY** on-line registration:

<http://www.cssa.net.au/index.php/state-carnivals/biathlon-primary>

## CSSA Secondary State Triathlon 2019

Thursday 24 October 2019

### On-line Registration

Please go to the following link for **SECONDARY** on-line registration:

<http://www.cssa.net.au/index.php/state-carnivals/triathlon-secondary>

### Entries close Tuesday 22 October 2019

Late entries will not be accepted

CSSA does not provide Personal/Accident Insurance Cover

As a CSSA Member school we are aware that all teachers/parents/volunteers that we send to a carnival or sporting event have completed a “Working with Children” prohibited employment form.

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